

# GLENWOOD 50+ CENTER

July, August, September 2023



**2400 Route 97  
Cocksville, MD. 21723  
(410) 313-5440**

**Center Email**  
glenwood50@  
howardcountymd.gov

**Monday - Friday**  
8:30 am - 4:30 pm

**DCRS Emergency Status  
Line**  
410-313-7777

**GO50+Hours**  
Mon - Sat: 7 am - 9 pm  
Sun: 9 am - 6 pm

**Newsletters Online**  
[https://  
www.howardcountymd.gov/  
glenwood-50-center](https://www.howardcountymd.gov/glenwood-50-center)

**Volunteer Website**  
[www.hocovolunteer.org](http://www.hocovolunteer.org)

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Welcome to July. I want to thank our new Council members for stepping up and being awesome volunteers. Your willingness to pitch in has made holding events much easier. We appreciate you. Do you want to be part of a group that makes a difference? Check out our Council info on page 3.

## STAFF SIGHTINGS



Gary J. Arthur Community center welcomed a new director, Rachel Hall. Rachel can be spotted working in the lobby and getting a handle on all things community center. Make sure to say hello.

Welcome to our new part time Nutrition Specialist, Jimin Jeong, she will be taking over the nutrition program. Sign up for lunch and say hi.



July and August is when Glenwood is full of the sounds of summer camps. This can impact programming space, so please be patient with room changes and gym closures.

Summer brings some yummy cooking demonstrations, join Cathy for workshops on making shortcake and one on pad Thai. Roger Swartz will be teaching several free history programs, make sure to sign up. We are kicking off a Cricut Club in July and Senior Planet is offering tech related programs each month.

In September Karen Gratzke, who led our De-Cluttering Class comes to Glenwood to lead a panel of representatives from local retirement communities. This is the perfect opportunity to learn with no pressure.

On September 27th we are hosting an Info Expo with resources from around the county, a soup and salad bar, demos, and more. Drop by and make a fabric pumpkin, attend Fresh Conversations, enjoy lunch and sign up for a bread workshop where we will learn how to make Rosemary Garlic Focaccia bread.



BREAD MAKING

There are so many fun things to engage in at Glenwood. We can't wait to see you.

Regina, Cathy, Evan, Chris and Jimin

# GENERAL INFORMATION

## 50+ Center Staff

**Regina Jenkins, Director**  
rjenkins@howardcountymd.gov  
410-313-5443

**Chris Ferraro, Registrar**  
cferraro@howardcountymd.gov  
410-313-5440

**Evan Larkin, Utility Worker**  
elarkin@howardcountymd.gov  
410-313-4836

**Cathy Burkett, Assistant Director**  
cburkett@howardcountymd.gov  
410-313-4832

**Jimin Jeong, Nutrition Specialist**  
410-313-4833

**MAP Specialist**  
mfries@howardcountymd.gov  
410-313-1234

### Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front Desk to assure that your membership is current. Please inform the Front Desk if there have been any changes to your contact info.

## Glenwood 50+ Center Council

Come become a Council member and serve as an ambassador for the center and members. Share your voice and help us shape the programming and offerings to meet the needs of the community.

Monthly meetings and event planning is part of the fun. Ask for details at the front desk.

Current Members:

President: Linda Paylor

Vice President: Joan Hash

Treasurer: Barbara Rowe

Secretary: Kay Steils

At Large Members: Willie Hill, Joe Mackrell,  
Jane Hershey, Ann Sharpe

### Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to Howard County Director of Finance. Online registration can be done via the ActiveNet website: [http:// apm.activecommunities.com/howardcounty.com](http://apm.activecommunities.com/howardcounty.com). Account must be established prior to registering for class.

### Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with

### Newsletter

Would you like your newsletter delivered to your inbox? Just click link below:

[CONSTANT CONTACT SIGN UP](#)

## ADJUSTED HOURS OR CENTER CLOSURES

**Tuesday, July 4 - Independence Day**

**Monday, September 4 - Labor Day**

**NOTE:** Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

# ON GOING PROGRAMS

## Open Studio: Art/Painting/Crafts

Painting, knitting, crocheting, jewelry making, or paper crafts. Come join us!

**Monday, Wednesday, 10am - 12pm**

[A03501.400](#)

## Bridge-Open Play (Duplicate)

Come join this advanced bridge group and enjoy an afternoon of duplicate bridge.

**Mondays, 12:30 - 4pm**

[A03701.400](#)

## Billiards and Table Tennis

Drop in and play. Pick up key for The game room at the front desk.

**Monday - Friday, 9am - 3pm**

[A03403.400](#)

## Indoor Walking

Enjoy the company of others as you walk in a climate controlled area. 13 laps around the indoor track is one mile.

**Monday - Friday, All Day**

[A03400.400](#)

## Basketball

For the over 50 athlete who enjoys some competition. Drop in play and rotation is organized by players.

**Monday, Wednesday, Friday  
9 - 11am**

[A03442.400](#)

## Card Games

Join us to play a number of different card games like Euchre, Canasta, Hand & Foot Rummy or other card games.

**Tuesday, 1pm**

[A03780.400](#)

## Pinochle

Pinochle is a classic two-player game developed in the United States, and it is one of the country's most popular games.

**Wednesday, Friday, 9am - 4pm**

[A03779.400](#)

## Care Talks

The Caregiver support program is hosting one on one in person meetings with caregivers offering information and resources to assist you in your journey. Contact Earnestine Thomas 410-313-5969 or [ethomas@howardcountymd.gov](mailto:ethomas@howardcountymd.gov) to schedule an appointment.

**3rd Thursday, 10am**

**July 20 - August 17 - September 19**

[A03722.400](#) / [401](#) / [402](#)

## Glenwood Book Club

Join the book club. Members take turn leading discussions. Group meets every six weeks

**Thursdays, 1pm**

[A03628.401](#) / [402](#)

## Mahjong

Come play this tile based game that began in China. Typically played with four players.

**Thursday, 12:30 - 4pm**

[A03737.400](#)

## Open Games

This new group is just beginning. Bring your own games to introduce or join in to existing games. Open to all.

**Thursday, 12:30 - 4pm**

[A03757.400](#)

## Nutrition Consultation

Registered dietitian, Carmen Roberts is available to consult individually with members. Call the front desk to make an appointment.

## ONGOING PROGRAMS

### Pickleball Adv/Intermediate

Open play for adults 50+. Players rotate play using the paint stick method. Participants can register online or phone. 410.313.5440

**Mon. Tues., Thurs., 12 - 2:30pm**

Advance registration suggested

**\$2.50 per day**

[A03452.400](#)



### Pickleball Beginner Level

This program is for beginners. Tuesday, Thursday players should not attend Fridays. There is no instruction. Registration online or in person or phone. Paint stick method of rotation. **Fridays, 12 - 2:30pm**

Advanced registration suggested

**\$2.50 per day**

[A03452.400](#)

### Maryland Access Point

Resource Specialists with the Office on Aging and Independence, are available by appointment. To assist you in navigating aging services now and in the future. To make an appointment to meet with our MAP specialist in person at Glenwood please call her at 410-313-5917.

**Thursdays, 8:30am - 4pm**

[A03705.400](#)

### Reflexology

Linda Deffinbaugh will be on site one day a week by appointment to provide reflexology services. Call the front desk for appointment.

**Thursdays, 10am - 2pm**

**\$35 for 1/2 hour, \$65 for 1 hour**

[A03704.400](#)

KEEP CALM  
AND  
ENJOY REFLEXOLOGY

Thousands of people will attest to the fact that reflexology feels good, but what exactly is going on in the body to elicit those comments. Turns out the human body is blessed with the ability to create its own feel good happiness hormones. That tells us that a blissful experience is the natural state with which we were blessed.

## EVENTS AND PROGRAMS

### Waffle Bar



Enjoy a breakfast of waffles, fruit and sausage. Mingle with friends in the lobby.

**Thursday, July 6, 9 - 10:30am**

[A03731.400](#)

### History of Broadway

Join Steve for a discussion and performance of different eras on Broadway.

**Instructor: Steve Friedman**

**Monday, July 10, 10am**

[A03505.401](#)

### Genealogy

#### Researching Your Family's History

Learn how to begin researching your family lineage and how to confirm known information.

**Instructor: Rebecca Dodds**

**Friday, July 7, 10am**

[A03608.400](#)

### Card Making Workshop

This popular card making series is focusing on Christmas in July.

**Instructor: Diane Cullum**

**Tuesday, July 11, 11:30am**

**Cost: \$13**

[A03500.400](#)

# EVENTS AND PROGRAMS

## Nutrition Consultations

Meet one on one with our registered dietitian to discuss your nutrition concerns.

**Instructor: Carmen Roberts, RD.**

**Wednesday, July 12, 9 - 10:30am**

**A03140.400**

## Senior Planet: Graphic Design Tools

Looking for a creative outlet? Try your hand at one or more free, user-friendly, web-based graphic design tools.

**Instructor: Malarie Burgess**

**Thursday, July 13, 10am**

**[A03651.400](#)**

## Repotting Houseplants



In this interactive session you will learn how to repot, your houseplants so they thrive. Bring a plant to be replanted and a larger pot.

**Instructor: Gaye Holcomb**

**Friday, July 14, 10am**

**[A03637.400](#)**

## Afternoon Movie

**Little Richard: I am Everything**

Join us for an afternoon movie with friends. Learn the story of the Black queer origins of rock n' roll.

**Friday, July 14, 1pm**

**[A03740.400](#)**

## Broadway Dance

Join the discussion on the choreography of Susan Stroman. A contemporary choreographer whose work has spanned several decades. We will consider her groundbreaking status as a female choreographer.

**Instructor: Lisa Yanguas**

**Wednesday, July 19, 10am**

**[A03412.401](#)**

## Cricut Club

Do you own a Cricut machine that might still be in a box? Join this new monthly group where we complete a project, learn tips and tricks and navigate the design software.

**Instructor: Cathy Burkett**

**Wednesdays, 7/19, 8/9, 9/20, 1pm**

**Cost: \$10**

**[A03550.400](#)**

## Caregiver Support Talk Loneliness and Fatigue

Caregiving can be stressful and isolating. Come listen to our caregiver specialist for tips on battling loneliness and fatigue.

**Instructor: Earnestine Thomas**

**Thursday, July 20, 10am**

**[A03230.400](#)**

## Care Talks

One on one appointments with our Caregiver specialist Earnestine. Call the front desk to set up your appointment.

**Instructor: Earnestine Thomas**

**Thursday, July 20, 11am/12noon**

**[A03322.401](#)**

## Shortcakes and Fruit

Join Cathy and make two different types of shortcakes with fruit toppings and homemade whipped cream.

**Instructor: Cathy Burkett**

**Thursday, July 20, 2pm**

**Cost: \$10**

**[A03603.400](#)**



## iPad & iPhone Class

Volunteer and center member, Mike will provide the help you need on your Apple devices.

**Instructor: Mike Vecera**

**Monday, July 24, 10am**

**[A03722.401](#)**



# EVENTS AND PROGRAMS

## Medically Curious

Dr. Larry Romaine, former emergency room physician, shares information about cancer. Get your questions answered.

**Tuesday, July 25, 1pm**

[A03632.401](#)

## History Program:

### George Washington in MD. 1748-1794

From a surveyor, a military commander and as president of the United States, George Washington spent time in Maryland. This program documents 8 events in his life that are associated with Maryland.

**Instructor: Roger Swartz**

**Wednesday, July 26, 9:30am**

[A03601.401](#)

## Tech Talk

Drop in and get assistance on your Android devices. This non profit is here to help.

**Thursday, July 27, 10am**

[A03625.401](#)

## Afternoon Movie

While visiting family in Mexico, teenage Alex gains an unlikely companion. Join us for this afternoon viewing of Chupa, Rated PG.

**Friday, July 28, 1pm**

[A03740.401](#)

## Waffle Bar

It's time for our summer waffle bar. Come inside from the heat and start your day off with friends.

**Wednesday, August 2, 9am**

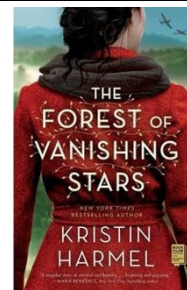
[A03731.401](#)

## Glenwood Book Club

"The Forest of Vanishing Stars" Join this group for their discussion on books. Meeting every 6 weeks, members take turns facilitating talks.

**Thursday, August 3, 1 pm**

[A03730.401](#)



## Nutrition Counseling

Meet one on one with Carmen Roberts, RD, our nutritionist to make sure you are on track nutritionally. Call front desk for appointment.

**Instructor: Carmen Roberts, RD.**

**Monday, August 7, 9 - 10:30am**

**A03140.400**

## Senior Planet

### Online Health Resources

The internet can be an excellent source of learning more about your or a loved one's health. Learn about reputable websites and how to evaluate health-related information online.

**Instructor: Malarie Burgess**

**Wednesday, August 9, 10am**

[A03651.401](#)

## Cricut Club

Do you own a Cricut machine that might still be in a box? Join this new monthly group where we complete a project, learn tips and tricks.

**Instructor: Cathy Burkett**

**Wednesdays, August 9, Sept 20, 1pm**

**Cost: \$5**

[A03550.401](#)

To request this document in an alternate format, or to request an accommodation to participate in a program/event, contact the Center at 410-313-0380 at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

# EVENTS AND PROGRAMS

## Afternoon Movie

Enjoy a movie with friends. This week the movie is Peter Pan and Wendy.

**Friday, August 11, 1pm**

**[A03740.402](#)**

## History Program

### George Washington's Indian Name

This program details how George Washington's great grandfather, John Washington got his name and how it was given to George Washington by the Iroquoian "Half King."

**Instructor: Roger Swartz**

**Tuesday, August 15, 9:30am**

**[A03601.402](#)**

## Broadway Dance

The profound influence of choreographer Jack Cole will be highlighted. See his impact on subsequent choreographers who went on to create landmark productions such as A Chorus Line, and Hamilton.

**Instructor: Lisa Yanguas**

**Wednesday, August 16, 10am**

**[A03412.402](#)**

## Care Talks

One on one appointments with our Caregiver specialist Earnestine. Call front desk to set up your appointment.

**Instructor: Earnestine Thomas**

**Thursday, August 17, 10am, 11am**

**[A03222.401](#)**

## Tech Talk

Drop in and get assistance on your Android devices. This non profit is here to help.

**Friday, August 18, 1pm**

**[A003625.402](#)**

## iPad & iPhone Class

Volunteer and center member, Mike will provide help on your Apple devices.

**Instructor: Mike Vecera**

**Tuesday, August 22, 10am**

**[A03722.402](#)**

## Medically Curious

Dr. Larry Romaine, retired emergency room physician shares on the subject of marijuana.

**Wednesday, August 23, 1pm**

**[A03632.402](#)**

## Cooking Demo: Pad Thai

Have you ever cooked Thai food? Join Cathy as she demonstrates this easy and delicious staple.

**Instructor: Cathy Burkett**

**Thursday, August 24, 2pm**

**Cost: \$12**

**[A03603.401](#)**

## Afternoon Movie

Enjoy a movie viewing with friends. This week the movie is Renfield.

**Friday, August 25, 1pm**

**[A03740.403](#)**

## History Program

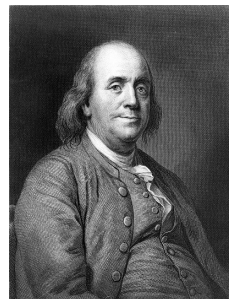
### The Unknown Benjamin Franklin

We think of Franklin as a diplomat and scientist, explore the unknown facets of his life.

**Instructor: Roger Swartz**

**Wednesday, August 30, 9:30am**

**[A03601.403](#)**



## Glenwood Garden Club Tote Bag Craft

Join the garden club for an afternoon of tote bag painting, perfect for your next shopping trip.

**Wednesday, September 6, 1pm**

**Cost: \$15**

**[A03510.400](#)**

# EVENTS AND PROGRAMS

## Glenwood Book Club

"Behind Closed Doors" Join the book club and enjoy a lively discussion on some fantastic books. Each meeting a different member facilitates.



**Thursday, September 7, 1pm**

**[A03730.402](#)**

## Afternoon Movie

The movie this week is Tetris. Come enjoy a viewing with friends.

**Friday, September 8, 1pm**

**[A03740.404](#)**

## Card Making

Join this group led by Diane for a monthly card crafting workshop. Each month we focus on a different theme.

**Instructor: Diane Cullum**

**Tuesday, September 12, 11:30am**

**Cost: \$13**

**[A03500.401](#)**

## Nutrition Counseling

Meet one on one with our Registered Dietitian Carmen for a personalized look at your nutritional needs and concerns.

**Wednesday, September 13, 9-10:30am**

**A03140.400**

## Nutrition Education:

### How Can You Keep Your Bones Healthy?

Protecting and maintaining strong bones is easier than you think. Join Carmen for a discussion on how diet, medication, physical activity, and other lifestyle factors can affect bone health.

**Instructor: Carmen Roberts, RD**

**Wednesday, September 13, 11am**

**[A03100.400](#)**

## Cooking Demo: Everything Apples

Join Cathy for a fun and informative class on cooking with apples. Make one savory dish and one sweet dish.

**Friday, September 15, 2pm**

**Cost: \$10**

**[A03603.402](#)**

## History of Broadway

Join Steve for a discussion and performance of different eras on Broadway.

**Instructor: Steve Friedman**

**Monday, September 18, 10am**

**[A03412.403](#)**

## Broadway Dance

Learn about award winning choreographers whose work you recognize but names you probably don't know. Enjoy video and narrative.

**Instructor: Lisa Yanguas**

**Wednesday, September 20, 10am**

**[A03412.403](#)**

## Cricut Club

Do you own a Cricut machine that might still be in a box? Join this new monthly group where we complete a project each month.

**Instructor: Cathy Burkett**

**Wednesday, Sept 20, 1pm**

**Cost: \$5**

**[A03550.402](#)**

## History Program

### The Moravians

This German sect founded Bethlehem, PA and Winston-Salem, NC. They had missions for Indians in PA and the Ohio Valley and performed other functions. Learn their roles as diplomats.

**Instructor: Roger Swartz**

**Thursday, September 21, 9:30am**

**[A03601.404](#)**



# EVENTS AND PROGRAMS

## **Retirement Communities:**

### **Which One is Best For You?!**

Come and join this panel discussion, bring your questions, and learn what is available when considering your next move! We will discuss amenities, activities, parking, meals, etc. Get lots of information in one convenient location without pressure.

**Facilitated by Karen Gratzke and Representatives from local communities.**

**Friday, September 22, 11 am**

[A03690.400](#)



## **Afternoon Movie**

Enjoy an viewing of this popular movie in the company of friends. This week the movie is AIR.

**Friday, September 22, 1pm**

[A03740.405](#)

## **Pickleball Palooza**

Join us for an afternoon/evening event featuring a round robin tournament, skills competition, more. Event is sponsored by the Council, a 501C3 that supports the 50+center.

**Friday, September 22, 3 - 9 pm**

**Cost: TBD**



## **Administering Estates in MD.**

Join Byron for an informative session on what is involved in administering estates here In Maryland. Opportunity for questions.

**Instructor: Byron McFarlane**

**Monday, September 25, 10am**

[A03650.400](#)

## **Senior Planet**

### **Using Fact Checking Sites**

This interactive workshop focuses on ways you can identify misinformation online.

**Instructor: Malarie Burgess**

**Tuesday, September 26, 10am**

[A03651.402](#)

## **Medically Curious**

Join Dr. Romaine, retired emergency room physician shares his insights related to health.

This month topic is supplements.

**Instructor: Dr. Larry Romaine**

**Tuesday, September 26, 1pm**

[A03632.403](#)

## **iPad & iPhone Class**

Volunteer and center member, Mike will provide help on your Apple devices.

**Instructor: Mike Vecera**

**Wednesday, September 27, 10am**

[A03722.403](#)

## **Glenwood 50+Center Info Expo**

Join us in the lobby as we gather folks to share all sorts of great information on our center and county resources. Let's celebrate everything we offer.

Demo's, tastings and more.

**Wednesday, September 27, 10am**

[A03700.400](#)

## **DIY Fabric Pumpkins**

Join us in the lobby to create our own fabric pumpkins for fall. This drop in craft is easy and fun and make a great addition to your home décor.

**Wednesday, September 27, 10am**

**Cost: Free**

[A03520.400](#)



# EVENTS AND PROGRAMS

## Fresh Conversations

Join Karen from the Howard County Extension Service for her informative talks. This month she will be **discussing...**

**Instructor: Karen Basinger**

**Wednesday, September 27, 11am**

[A03110.400](#)



## Soup & Salad Bar

After the Info Expo, Fresh Conversations and pumpkin making, join us for a delicious soup and salad bar.

**Wednesday, September 27, 12noon**

**Cost: Suggested Donation**

[A03600.400](#)

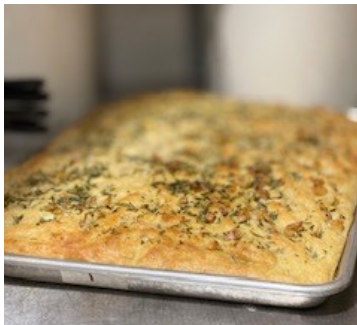
## Bread Making Workshop

Join Regina for another bread class. Have fun while we learn to make a Rosemary Roasted Garlic Focaccia bread. This hands on class is limited to 8 participants.

**Wednesday, September 27, 2pm**

**Cost: \$12**

[A03604.400](#)



## History Program

**Horatio Sharpe, War Governor of MD.**

Topics of this presentation include Sharpe's roles in the French and Indian War, supporting General Braddock's expedition and determining the site for Fort Cumberland. For a brief time, Governor Sharpe was commander in chief of all British forces in North America.

**Instructor: Roger Swartz**

**Thursday, September 28, 9:30am**

[A03601.405](#)

## Glowforge Class at the Library

Join us for this partnership with the Glenwood branch. Learn how to use a Glowforge Laser Cutter.

**Thursday, September 28, 2 pm**

[A03533.400](#)

## Tech Talk

Drop in and get assistance on your Android devices. This non profit is here to help.

**Friday, September 29, 1pm**

[A03625.403](#)

## Bath Scrubs DIY

Last year this program was so popular, we are bringing it back. Join us and make bath scrubs that smell divine and help exfoliate and moisturize your skin. Perfect to give for gifts.

**Friday, September 29, 11 am**

**Cost: \$10**

[A03776.400](#)



# EXERCISE AND FITNESS

## Strength Training with Sara

Join Sara for a workout that uses body weight and light hand weights in low impact movements to strengthen the major muscles in the body.

**Instructor: Sara Schwab**

**Mondays, 8:30am**

**\$45 / 7 classes**

**July 10 - Sept 25**

No class 7/24, 8/14, 8/28, 9/4, 9/1

[A03480.400](#)

## Line Dancing Open Studio Interm.

Open to all beginners to practice with others of the same skill level.

**Mondays, 1:30 - 2:45pm**

**\$5 monthly**

No class 9/4

[A03411.401](#)

## Welcome to Yoga

This is the place for you if you have ever wanted to try Yoga. In this class work on strengthening, balance, and mobilizing your joints. You can start in the chair as your home base, or choose to move to the floor. Modifications provided.

**Instructor: Mary Garratt**

**Mondays, 10am**

**\$70 / 11 classes**

**July 10 - Sept 25**

No class 8/11, 9/4

[A03470.400](#)



## Core Yoga & Balance (Formerly Pilates)

Enjoy a new and exciting core yoga class. During this class we will use yoga poses and moves inspired by Pilates to strengthen and stretch your core. Our goal is to increase your balance, better your posture, and help your overall wellbeing. This mat class is open to all levels and modifications will be offered. Bring your yoga mat and water bottle.

**Instructor: Bob McDowell**

**Fridays, 9:30am**

**\$27 / 4 classes**

**September 8 - Sept 29**

[A03431.400](#)

## Hatha Yoga

The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching.

**Instructor: Mary Garratt**

**Tuesdays, 8:45am**

**\$76 / 12 classes**

**July 11 - Sept 26**

[A03449.400](#)

**Thursdays, 9am**

**\$83 / 13 classes**

**July 6 - Sept 28**

[A03450.400](#)

## Flex, Tone and Balance

This class focuses on functional fitness for everyday living. Have fun getting fit and strong while improving your range of motion and balance. Tone your major muscle groups, with this standing exercise program. Class concludes with stretching to increase flexibility and relaxation. Modifications for chair supported option.

**Instructor: Marianne Larkin**

**Mondays, Wednesdays, 12noon**

**\$72 / 17 classes**

**July 17 - Sept 25**

No class 8/21, 8/23, 9/4, 9/6

[A03479.400](#)

# EXERCISE AND FITNESS

## Prime Time

A class focusing on functional fitness for everyday living. Have fun getting fit and strong and improve your range of motion and balance. Tone your major muscle groups with both seated and standing exercises. Modifications are provided.

**Instructor: Marianne Larkin**

**Mondays, Wednesdays, 11am**

**\$72 / 17 classes**

**July 17 - Sept 25**

No class 8/21, 8/23, 9/4, 9/6

[A03478.400](#)

## Line Dancing Instruction Beginner

Dancing is great exercise and fun, learn the basics. Please wear leather soled shoes.

**Instructor: Sandy Garrish**

**Wednesdays, 12:30pm**

**\$76 / 12 weeks**

**July 5 - Sept 27**

No class 9/12

[A03475.400](#)

## Line Dancing Instruction Inter.

Expand your knowledge. Line dancing is one of the most fun dances you can do anywhere, and you do not need a partner.

**Instructor: Sandy Garrish**

**Wednesdays, 1:30pm**

**\$76 / 12 weeks**

No class 7/12

[A03474.400](#)

## Line Dancing Open Studio - Advanced

Open to advanced level dancers to practice with others of the same skill level.

**Tuesdays, 12:45 - 2:30pm**

**\$5 /monthly**

[A03411.402](#)

## Chair Yoga

Through creativity and modifications, everyone can do yoga with a chair. In this gentle/beginner's level class, yoga poses are done seated in a chair or standing using the chair as a prop for support and stability. Reap the benefits of greater flexibility, increased energy, improved memory and clarity, and improved overall health.

**Tuesdays, 9:45am**

**Mary Garratt**

**\$76 /12 classes**

**July 11 - Sept 26**

[A03460.400](#)

**Thursdays, 10:15AM**

**Mary Garratt**

**\$83 / 13 classes**

**July 6 - Sept 28**

[A03464.400](#)

**Fridays, 10:30AM**

**Susan Kain**

**\$72/ 12 classes**

**July 7 - Sept 29**

[A03463.400](#)

## Yoga & Meditation

Using yoga postures with mindful breathing, build strength and flexibility in this 75 minute class. End with a relaxing meditation to calm the mind and body.

**Instructor: Susan Kain**

**Fridays, 9 - 10:15am**

**\$96 / 12 classes**

**July 7 - Sept 29**

No class 8/11

[A03402.400](#)

# SENIORS TOGETHER



Virtual Groups. All groups are weekly unless otherwise noted. Pre-registration required to access link.

## CAREGIVER SUPPORT GROUP

7:00 - 8:30PM (3rd Monday of the month, except for holidays, usually rescheduled)  
For adult caregivers of adults. With a priority on caring for the caregiver, discussions include topics such as stress management, resources, and caregiving techniques.

## MONDAYS - AGING WITH GRACE

11:00am - 12:00pm (2nd session ends March 27)  
A deeper look at what our later years bring, offer, and demand, each session will explore topics on aging often not discussed

## WEDNESDAYS - OPEN MIND GROUP

9:30 - 11:30am

In-depth discussion on topics drawn from the issues and challenges of today, in a collegial environment where all input is respected.

## THURSDAYS - ON OUR MINDS

10:00 - 11:30am

Find camaraderie in a highly supportive group. Join the discussion on a range of topics from the news, member suggestions, or life experiences.

### For registration information and the link,

**contact:** Karen Hull, HCOAI, 410-313-7466 (voice/relay). email: [khull@howardcountymd.gov](mailto:khull@howardcountymd.gov).  
Elaine Widom, 410-313-7353 (voice/relay);  
[ewidom@howardcountymd.gov](mailto:ewidom@howardcountymd.gov)

All participants must register through **Active.net**

Aging with Grace	A20100.200
Open Mind Group	A20101.200
On Our Minds	A20102.200
Caregiver	A20103.200

# VIRTUAL PROGRAMS - NATIONAL PARK SERIES

## Gateway Arch National Park

**Thursday, July 13, 2023**

Join an education ranger from the park to discuss about how the arch was built and more.

## Lincoln Home National Historic Site

**Thursday, August 10, 2023**

Join an educational ranger from Lincoln Home National Historic Site to see how artifacts can help us understand a person or time period.

## Ulysses S. Grant National Historic Site

**Thursday, September 21, 2023 2:00 PM**

Join us for the virtual program, "Ulysses S. Grant and the National Park Service." A National Park Ranger will lead a 30 minute talk that will includes discussions of the establishment of Yellowstone National Park and the National Park Service's current operations today.

### Email Regina Joffe at

[rjoffe@howardcountymd.gov](mailto:rjoffe@howardcountymd.gov) to be included in the email list for the following virtual park tours:

# LUNCH PROGRAM AT GLENWOOD

Join us for lunch. See menu and sign up book at the front desk. Suggested donation is \$7 for anyone over 60. For those under 60, cost of meal is \$7. Please register by Tuesday for the following week. Register by stopping by or calling the front desk at 410.313.5440.



# JULY AT A GLANCE

<b>3</b> <b>CLOSED</b> <b>INDEPENDENCE DAY</b> <b>HOLIDAY</b>	<b>4</b> <b>CLOSED</b> <b>INDEPENDENCE</b> <b>DAY</b> <b>HOLIDAY</b>	<b>5</b> 9 Basketball 9 Pinochle 10 Open Studio 11 Prime Time 12 Flex, Tone, Balance 12:30 Line Dance B 1 Card Games 1:30 Line Dance I	<b>6</b> <b>9 Waffle Bar</b> 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games	<b>7</b> 9 Basketball 9 Pinochle 9 Yoga & Meditation 9 Pilates <b>10 Genealogy</b> 10:30 Chair Yoga 12 Pickleball Beginner
<b>10</b> <b>No Pickleball</b> 8:30 Strength Training 9 Basketball 10 Open Studio 10 Welcome to Yoga <b>10 History of Broadway</b> 11 Prime Time 12 Bridge 1:30 Line Dancing I	<b>11</b> <b>No Pickleball</b> 8:45 Hatha Yoga 9:45 Chair Yoga <b>11:30 Card Making</b> 12:45 Line Dancing	<b>12</b> <b>No Pickleball</b> 9 Basketball 9 Pinochle <b>9 Nutrition Consults</b> 10 Open Studio 11 Prime Time 12 Flex, Tone, Balance 12:30 Line Dance B 1 Card Games 1:30 Line Dance I	<b>13</b> <b>No Pickleball</b> 9 Hatha Yoga 10 Reflexology <b>10 Senior Planet</b> 10:15 Chair Yoga 12:30 Mahjong 12:30 Open Games	<b>14</b> <b>No Pickleball</b> 9 Basketball 9 Pinochle 9 Yoga & Meditation 9 Pilates <b>10 Repotting Plants</b> 10:30 Chair Yoga <b>1 Afternoon Movie</b>
<b>17</b> <b>No Pickleball</b> 8:30 Strength Training 9 Basketball 10 Open Studio 10 Welcome to Yoga 11 Prime Time 12 Bridge 1:30 Line Dancing I	<b>18</b> <b>No Pickleball</b> 8:45 Hatha Yoga 9:45 Chair Yoga 12:45 Line Dancing	<b>19</b> <b>No Pickleball</b> 9 Basketball 9 Pinochle 10 Open Studio <b>10 Broadway Dance</b> 11 Prime Time 12 Flex, Tone, Balance 12:30 Line Dance B 1 Card Games <b>1 Cricut Club</b> 1:30 Line Dance I	<b>20</b> <b>No Pickleball</b> 9 Hatha Yoga 10 Reflexology <b>10 Caregiver Talk</b> 10:15 Chair Yoga <b>11 One on One Care Talks</b> <b>12 One on One Care Talks</b> 12:30 Mahjong 12:30 Open Games <b>2 Cooking Demo</b>	<b>21</b> <b>No Pickleball</b> 9 Basketball 9 Pinochle 9 Yoga & Meditation 9 Pilates 10:30 Chair Yoga
<b>24</b> 8:30 Strength Training 9 Basketball 10 Welcome to Yoga 10 Open Studio <b>10 iPhone, iPad</b> 11 Prime Time 12 Bridge 12 Pickleball 1:30 Line Dancing I	<b>25</b> 8:45 Hatha Yoga 9:45 Chair Yoga 12 Pickleball 12:45 Line Dancing <b>1 Medically Curious</b>	<b>26</b> 9 Pinochle <b>9:30 History Talk</b> 10 Open Studio 11 Prime Time 12 Flex, Tone, Balance 12:30 Line Dance B 1 Card Games 1:30 Line Dance I	<b>27</b> 9 Hatha Yoga <b>10 Tech Talk</b> 10:15 Chair Yoga 10 Reflexology 12 Pickleball 12:30 Mahjong 12:30 Open Games	<b>28</b> 9 Pinochle 9 Yoga & Meditation 9 Pilates 10:30 Chair Yoga 12 Pickleball Beginner <b>1 Afternoon Movie</b>

# AUGUST AT A GLANCE

	<b>1</b> 8:45 Hatha Yoga 9:45 Chair Yoga 12 Pickleball 12:45 Line Dancing	<b>2</b> <b>9 Waffle Bar</b> 9 Basketball 9 Pinochle 10 Open Studio 11 Prime Time 12 Flex, Tone, Balance 12:30 Line Dance B 1 Card Games 1:30 Line Dance I	<b>3</b> 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games <b>1 Book Club</b>	<b>4</b> 9 Basketball 9 Pinochle 9 Yoga & Meditation 9 Pilates 10:30 Chair Yoga 12 Pickleball Beginner
<b>7</b> <b>No Pickleball</b> 8:30 Strength Training 9 Basketball <b>9 Nutrition Consult</b> 10 Open Studio 10 Welcome to Yoga 11 Prime Time 12 Bridge 1:30 Line Dancing I	<b>8</b> <b>No Pickleball</b> 8:45 Hatha Yoga 9:45 Chair Yoga 12:45 Line Dancing	<b>9</b> <b>No Pickleball</b> 9 Basketball 9 Pinochle <b>10 Senior Planet</b> 10 Open Studio 11 Prime Time 12 Flex, Tone, Balance 12:30 Line Dance B 1 Card Games <b>1 Cricut Club</b> 1:30 Line Dance I	<b>10</b> <b>No Pickleball</b> 9 Hatha Yoga 10 Reflexology 10:15 Chair Yoga 12:30 Mahjong 12:30 Open Games	<b>11</b> <b>No Pickleball</b> 9 Basketball 9 Pinochle 9 Yoga & Meditation 9 Pilates 10:30 Chair Yoga <b>1 Afternoon Movie</b>
<b>14</b> 8:30 Strength Training 9 Basketball 10 Open Studio 10 Welcome to Yoga 11 Prime Time 12 Bridge 12 Pickleball 1:30 Line Dancing I	<b>15</b> 8:45 Hatha Yoga <b>9:30 History Talk</b> 9:45 Chair Yoga 12 Pickleball 12:45 Line Dancing	<b>16</b> 9 Basketball 9 Pinochle 10 Open Studio <b>10 Broadway Dance</b> 11 Prime Time 12 Flex, Tone, Balance 12:30 Line Dance B 1 Card Games 1:30 Line Dance I	<b>17</b> 9 Hatha Yoga 10 Reflexology <b>10 Care Talks 1v1</b> 10:15 Chair Yoga <b>11 Care Talks 1v1</b> 12 Pickleball 12:30 Mahjong 12:30 Open Games	<b>18</b> 9 Basketball 9 Pinochle 9 Yoga & Meditation 9 Pilates 10:30 Chair Yoga 12 Pickleball <b>1 Tech Talk</b>
<b>21</b> <b>NO PICKLEBALL</b> 8:30 Strength Training 9 Basketball 10 Welcome to Yoga 10 Open Studio 11 Prime Time 12 Bridge 1:30 Line Dancing I	<b>22</b> <b>NO PICKLEBALL</b> 8:45 Hatha Yoga 9:45 Chair Yoga <b>10 iPhone, iPad</b> 12:45 Line Dancing	<b>23</b> <b>NO PICKLEBALL</b> 9 Pinochle 10 Open Studio 11 Prime Time 12 Flex, Tone, Balance 12:30 Line Dance B 1 Card Games <b>1 Medically Curious</b> 1:30 Line Dance I	<b>24</b> <b>NO PICKLEBALL</b> 9 Hatha Yoga 10:15 Chair Yoga 10 Reflexology 12:30 Mahjong 12:30 Open Games <b>2 Cooking Demo</b>	<b>25</b> <b>NO PICKLEBALL</b> 9 Pinochle 9 Yoga & Meditation 9 Pilates 10:30 Chair Yoga <b>1 Afternoon Movie</b>
<b>28</b> 8:30 Strength Training 9 Basketball 10 Open Studio 10 Welcome to Yoga 11 Prime Time 12 Bridge 12 Pickleball 1:30 Line Dancing I	<b>29</b> 8:45 Hatha Yoga 9:45 Chair Yoga 12 Pickleball 12:45 Line Dancing	<b>30</b> 9 Basketball 9 Pinochle <b>9:30 History Program</b> 10 Open Studio 11 Prime Time 12 Flex, Tone, Balance 12:30 Line Dance B 1 Card Games 1:30 Line Dance I	<b>31</b> 9 Hatha Yoga 10 Reflexology 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games	

# SEPTEMBER AT A GLANCE

				<b>1</b> 9 Basketball 9 Pinochle 9 Yoga & Meditation 9 Pilates 10:30 Chair Yoga 12 Pickleball Beginner
<b>4</b>  <b>CLOSED LABOR DAY HOLIDAY</b>	<b>5</b> 8:45 Hatha Yoga 9:45 Chair Yoga 12 Pickleball 12:45 Line Dancing	<b>6</b> 9 Basketball 9 Pinochle 10 Open Studio 11 Prime Time 12 Pickleball 12 Flex, Tone, Balance 12:30 Line Dance B 1 Card Games <b>1 Garden Club Totes</b> 1:30 Line Dance I	<b>7</b> 9 Hatha Yoga 10 Reflexology 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games <b>1 Book Club</b>	<b>8</b> 9 Basketball 9 Pinochle 9 Yoga & Meditation 9 Pilates 10:30 Chair Yoga 12 Pickleball Beginner <b>1 Afternoon Movie</b>
<b>11</b> 8:30 Strength Training 9 Basketball 10 Open Studio 10 Welcome to Yoga 11 Prime Time 12 Bridge 12 Pickleball 1:30 Line Dancing I	<b>12</b> 8:45 Hatha Yoga 9:45 Chair Yoga <b>11:30 Card Making</b> 12 Pickleball 12:45 Line Dancing	<b>13</b> 9 Basketball 9 Pinochle <b>9 Nutrition Consults</b> 10 Open Studio 11 Prime Time 12 Flex, Tone, Balance <b>11 Nutrition Talk</b> 12:30 Line Dance B 1 Card Games 1:30 Line Dance I	<b>14</b> 9 Hatha Yoga 10 Reflexology 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games	<b>15</b> 9 Basketball 9 Pinochle 9 Yoga & Meditation 9 Pilates 10:30 Chair Yoga 12 Pickleball <b>2 Cooking Demo</b>
<b>18</b> 8:30 Strength Training 9 Basketball 10 Welcome to Yoga 10 Open Studio <b>10 History of Broadway</b> 11 Prime Time 12 Bridge 12 Pickleball 1:30 Line Dancing I	<b>19</b> 8:45 Hatha Yoga 9:45 Chair Yoga Pickleball 12:45 Line Dancing	<b>20</b> 9 Pinochle 10 Open Studio <b>10 Broadway Dance</b> 11 Prime Time 12 Flex, Tone, Balance 12:30 Line Dance B 1 Card Games <b>1 Cricut Club</b> 1:30 Line Dance I	<b>21</b> 9 Hatha Yoga <b>9:30 History Program</b> 10:15 Chair Yoga 10 Reflexology 12 Pickleball 12:30 Mahjong 12:30 Open Games	<b>22</b> 9 Pinochle 9 Yoga & Meditation 9 Pilates 10:30 Chair Yoga <b>11 Retirement Communities Fair</b> 12 Pickleball Beg <b>1 Afternoon Movie</b> <b>3 Pickleball Palooza</b>
<b>25</b> 8:30 Strength Training 9 Basketball 10 Open Studio <b>10 Administering Estates</b> 10 Welcome to Yoga 11 Prime Time 12 Bridge 12 Pickleball 1:30 Line Dancing I	<b>26</b> 8:45 Hatha Yoga 9:45 Chair Yoga <b>10 Senior Planet</b> 12 Pickleball 12:45 Line Dancing <b>1 Medically Curious</b>	<b>27</b> 9 Basketball 9 Pinochle 10 Open Studio <b>10 Center Info Fair</b> <b>10 iPhone, iPad</b> <b>10 Lobby DIYS</b> <b>11 Fresh Conversations</b> 11 Prime Time 12 Flex, Tone, Balance 12:30 Line Dance B 1 Card Games 1:30 Line Dance I <b>2 Bread Making Demo</b>	<b>28</b> 9 Hatha Yoga <b>9:30 History Program</b> 10 Reflexology 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games <b>2 Glowforge Class</b>	<b>29</b> 9 Pinochle 9 Yoga & Meditation 9 Pilates 10:30 Chair Yoga <b>11 Bath Scrubs DIY</b> 12 Pickleball Beg <b>1 Tech Talk</b>

